

	Hamilton County Health Department	

Health Education Handbook

2015-2016



Hamilton County Health Department

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Mission Statement

The Hamilton County Health Department is dedicated to communicable disease prevention and health promotion for all Hamilton County residents and protecting the environment in which they live. The Hamilton County Health Department maintains a variety of educational programs, regulatory enforcement, and provides health services devoted to the promotion of a healthy environment in Hamilton County. The Hamilton County Health Department Staff is devoted to meeting the challenge of public health issues.

Mission of Education Division

The Health Education Division of the Hamilton County Health Department strives to improve attitudes, beliefs, and behaviors in order to enhance the health of Hamilton County Residents.

Health Education Specialist

Health Educator Specialists are individuals who design, implement, and evaluate health activities helping to improve the health of all people. They improve the health status of individuals or communities through education. The Health Educator Specialist can facilitate learning in a variety of settings.

Education Staff

The Health Education division is staffed with a full time Certified Health Education Specialist (CHES). The Hamilton County Health Department's educator has a Bachelor of Science in Public Health Education and a Master of Science in Adult Education, with a concentration in Health Science Education from Indiana University. An individual must meet eligibility requirements for, and successfully passed a competency-based examination demonstrating skill and knowledge of the Seven Areas of Responsibility of Health Educators, upon which credentialing is based.

Why is Health Education Important?

Health Education improves the health status of individuals, families, and communities as a whole. Health Education improves the overall health of these people through prevention methods. By focusing on preventing illness, health education reduces the costs that individuals, families, communities, and the nation incur each year due to preventable deaths and illnesses.

Presentation Scheduling

To schedule a presentation for your work, school, or community group please contact Jim Ginder, Health Educator Specialist for the Hamilton County Health Department. Jim can be contacted at (317) 776-8500 or by email:

james.ginder@hamiltoncounty.in.gov

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Alcohol Awareness

Participants will learn about **alcohol, its symptoms, and effects**. Participants will also learn about the dangers of drinking and driving.

Audience: Everyone

Cost: Free

Are You Prepared?

Participants will learn how to **prepare for a severe storm**. They will also learn the warning signs of severe storms and what to do after a storm.

Audience: Everyone

Cost: FREE

Avian Flu

Participants will learn **what Avian Flu is and how it can be transmitted**. Participants will also learn what prevention tools can be used to lower his or her risk factors.

Audience: Everyone

Cost: FREE

Bath Salts “Zombie Drug”

In this course participants **will learn about the “Zombie Drug”**. The course will teach you the effects it has on a person and **its long term effects on the body**.

Audience: Everyone

Cost: FREE

Bed Bugs

Participants will **learn facts about bed bugs and how they can be transmitted**. They will also learn how to prevent bringing bed bugs home with them.

Audience: Everyone

Cost: FREE

Bioterrorism

Participants **will learn about anthrax and smallpox**, which are two potential weapons of mass destruction. Participants will learn how these diseases are transmitted and what the public health community is doing to prevent an outbreak.

Audience: Everyone

Cost: FREE

Bloodborne Pathogens

This course is for first-time participants. Participants will learn **facts about blood – borne pathogens, how they are transmitted** and the risk factors associated with them. They will also learn what to do if exposed to another person's body fluids.

Audience: Everyone

Cost: FREE

Blood Pressure

This course will **teach participants about blood pressure**. Topics covered in this presentation include what blood pressure is, **how to monitor it, the effects blood pressure** has on the body, signs and symptoms of high blood pressure and treatment.

Audience: Everyone

Cost: FREE

Breast & Testicular Self-Exam

This course provides participants with **risk factors, signs and symptoms of both breast and testicular cancer**. Participants will have the opportunity to learn how to do a self-exam.*

*Course is required by Department of Education for High School Health Classes

Audience: Adults, Middle, & High School Students

Cost: FREE

Bullying & Hazing



This presentation is fact based and focuses around the **education and prevention of bullying and hazing among high school students**. Students will learn who is involved in bullying and hazing and ways they can identify when bullying occurs. Additionally, they will gain insight on how to put a stop to the problem.

Audience: High School Students

Cost: FREE

Bullying 101

This presentation focuses on the **education and prevention of bullying among middle school students**. Students will learn who is involved in bullying, what to do if bullied and ways they can prevent and stop bullying.

Audience: Middle School Students

Cost: FREE

Cancer 101

Participants will learn about the **top ten most common cancers, their signs and symptoms and risk factors**. Participants will discuss the importance of early detection and treatment for specific types of cancers.

Audience: Everyone

Cost: FREE

Cholesterol

In this course participants will **learn what good and bad cholesterol is and the health effects caused by unhealthy cholesterol levels**. This course also teaches participants how to lower bad cholesterol.

Audience: Everyone

Cost: FREE

Club Drugs

Participants will **learn the names of new “party drugs” and their effects along with photos of each**. Participants will discuss raves and the drugs that are used and abused at these parties.

Audience: Everyone

Cost: FREE

Colorectal Cancer

This course will **educate the participants on colorectal cancer**. It covers the various topics surrounding colorectal cancer such as what it is, the digestive system, and stages of colorectal cancer, risk factors, preventative measures, diagnostic tests and treatments.

Audience: Adults and Students

Cost: FREE

College Safety

This course will **teach students about being safe at college, both on and off campus.** Topics covered include food safety, residence hall safety, on campus safety, alcohol safety, rape drugs and STD/STI safety.

Audience: High School Seniors

Cost: FREE

Continuing Education Credits

Selected courses provide required Continuing Education Units for First Responders and Emergency Medical Technicians.

Cost: FREE

Audience: Indiana Certified First Responders, Indiana Certified EMT's

CPR Instructor Course

This course **prepares participants to teach all levels of Basic Life Support Course (BLS).** Participants must hold a current Healthcare Provider card. Certification will be given after participant has been evaluated by an Instructor Trainer or Regional Faculty member.

Audience: Must be recommended by an AHA Instructor, Instructor Trainer, or Regional Faculty Member

Cost: Per Riverview Health

CPR in Schools (AHA)

This American Heart Association course is designed **to teach students to give adult, child and infant CPR**. Students must pass a skills exam to receive certification. Certification for adult, child and infant CPR is valid for two years.

Audience: Middle and High School Students

Cost: Call for cost

CVA Brain Attack (Stroke)

Participants will **learn what a stroke is** in this course. Participants will also be taught risk factors associated with strokes, signs and symptoms and how to prevent a stroke from occurring.

Audience: Everyone

Cost: FREE

Dating Violence

This course **focuses on “what shouldn’t happen on a date.”** Participants will actively discuss dating and **learn about dating violence**. They will learn about the signs and symptoms of dating violence and also what to do in case they, or someone they know, is involved in dating violence.

Audience: Everyone

Cost: FREE

Diabetes

This course focuses on **the warning signs and risk factors of diabetes**. The audience will also learn the **difference between type 1 and type II diabetes**.

Audience: Everyone

Cost: FREE

EpiPen Course

Participants will **learn the signs and symptoms of an allergic reaction, or anaphylaxis, and how to appropriately react** to the situation. In addition, participants will be taught to use an EpiPen in case of a life threatening allergic reaction. Participants will practice with a needleless *Epi Trainer* training injector pen.

Audience: Those who may have to give an EpiPen Injection

Cost: FREE

E-Coli 0517:H7

Participants will learn about E-Coli 0517:H7, a **bacterium that is capable of causing food poisoning, and the routes of transmission**. They will also learn how to prevent themselves from contracting the disease.

Audience: Everyone

Energy Drinks

In this course participants **will learn about what energy drinks are and what ingredients are in them**. Participants will also learn the health effects of drinking energy drinks.

Audience: Everyone

Cost: FREE

Food Safety



This course provides participants with **information about cross contamination, foodborne illnesses, and their personal hygiene** in relation to food preparation.

Audience: Everyone

Cost: FREE

H3 N2v

Participants will learn the **facts about H3N2v and how it can be transmitted**. Participants will learn the signs and symptoms of H3N2v and what they can do to lower their risk of contracting the disease.

Audience: Everyone

Cost: FREE

Hand Washing

Participants will learn **how important hand washing is in its aid in preventing the transmission and contraction of diseases.**

Audience: Everyone

Cost: FREE

Hand Washing for Children

This presentation **teaches children about germs and why they should wash their hands.** This presentation is focused on educating children on how and when to wash their hands while keeping them interested.

Audience: Elementary School Children

Cost: FREE

Healthy Shopping

This presentation **will teach participants how to shop “smart” in the grocery store.** Participants will learn things such as what foods are healthy, how to read food labels and how much food to eat daily.

Audience: Everyone

Cost: FREE

Heart Saver CPR/AED

This American Heart Association (AHA) course teaches participants the signs and symptoms of heart attacks, strokes, choking, and other emergency situations. Participants will learn CPR/AED skills that will aid them in the event of an emergency. Students must pass a skills exam to receive certification. Certification for adult, child and infant CPR/AED is valid for two years.

Audience: Must be 13 years of age or older

Cost: Call for cost

Heart Saver First Aid Course (AHA)

This American Heart Association (AHA) course provides participants with the knowledge and skills to perform CPR on adults, children and infants. They will also learn how to identify and care for an adult, child and infant who is choking. Participants must pass a skills exam to receive certification. Heart Saver First Aid Certification is valid for two years.

Audience: Must be 13 years of age or older

Cost: Call for cost

Healthcare Provider CPR (AHA)

Participants will learn how to administer CPR in a healthcare setting. This American Heart Association (AHA) course covers two-man CPR, mouth to mouth CPR, hands only CPR and how to use an AED. Participants must pass a written and skills exam to receive certification. Healthcare Provider Certification is valid for two years.

Audience: Healthcare Providers

Cost: Call for cost

Health Fair Display

The education staff at the Hamilton County Health Department **will develop a health fair display on various topics** including, but not limited to infectious diseases, chronic diseases and disaster preparedness. Please contact the health educator for more information.

Audience: Everyone

Cost: FREE

Skills for Healthy Relationships

This course is designed to **teach students about healthy relationships**. It discusses the foundations for healthy relationships, effective communication and conflict resolution.

Audience: Everyone

Cost: FREE

Heart Attack

This course is designed to **educate participants about what a heart attack is**. Included in this presentation are the signs and symptoms of a heart attack as well as what can be done to prevent a heart attack from occurring.

Audience: Everyone

Cost: FREE

Hepatitis B and C

This presentation covers facts about **Hepatitis B and C**, serious diseases caused by a virus which attacks the liver. Participants will learn that Hepatitis can cause cirrhosis (scarring) of the liver, liver cancer, liver failure and even death. They will also learn ways to prevent themselves from becoming infected with Hepatitis B and C.

Audience: Everyone

Cost: FREE

Heroin



The Hamilton County Health Education Department will educate participants of the dangers of heroin use and abuse. Participants will be able to identify how heroin is manufactured, consumed, and the repercussions of heroin use.

Audience: Everyone

Cost: Free

HIV/AIDS Course

Participants will learn **basic information** about **HIV/AIDS**. They will learn the different routes of transmission and prevention of HIV/AIDS through a comprehensive course that covers both abstinence and other means of contraception.

Audience: Everyone

Cost: FREE

Hookah

Participants will learn about the origination, methodology, and health detriments of smoking hookah. Participants will understand specific age groups and target populations who smoke hookah and what products can be smoked with a hookah.

Audience: Everyone

Cost: FREE

Human Papillomavirus (HPV)

This presentation provides current information from the CDC regarding the Human Papillomavirus. HPV is the virus **associated with cervical cancer** in women and more recently has been shown to cause **mouth and throat cancer** as well.

Audience: Everyone

Cost: FREE

General Health Education

The general health education presentation **allows you to choose a topic that you would like to have presented**. It allows you to collaborate with the Health Education Specialist to create a presentation that meets the needs of your audience.

Audience: Everyone

Cost: FREE

Infectious Diseases

This program is designed to **educate** the population **within correctional facilities** about the **diseases which are most commonly transmitted inside these facilities**. Communicable diseases such as Sexually Transmitted Infections (STI's) and tuberculosis are discussed along with diseases that can be spread through unsafe piercing and tattooing practices.

Audience: Incarcerated Individuals

Cost: FREE

Injury and Trauma Prevention

This course will teach participants ways to identify potentially dangerous situations at work or at home. Participants will learn how to mitigate specific dangers in order to prevent injury or trauma to themselves or others.

Audience: Everyone

Cost: Free

Lice

Participants will **learn about head lice** through this course. Topics covered include the life-cycle of lice, signs and symptoms of infection, transmission and treatment of head lice.

Audience: Everyone

Cost: FREE

Marijuana

Participants will learn how Marijuana affects the mind and body. Participants will learn about the growth of marijuana and multiple different ways the drug is consumed.

Audience: Everyone

Cost: FREE

Meningitis

Participants will learn that meningitis is the inflammation of the meninges, which are the protective membranes surrounding the spine and brain. They will become knowledgeable about the different factors that can cause meningitis such as bacterial and viral infections, head injuries, health status, living environment and age.

Audience: Everyone

Cost: FREE

MERS-COV

Participants will learn about the newly developing Middle Eastern Respiratory Syndrome or MERS virus, how the virus is spread, the dangers of MERS, and how the virus can be controlled.

Audience: Everyone

Cost: FREE

MRSA

This course **provides participants with information about community associated MRSA, which is a drug resistant Staph infection.** Participants will learn the signs and symptoms of MRSA and discuss the ways in which it can be prevented.

Audience: Everyone

Cost: FREE

My Head Hurts (Concussions)

This presentation **teaches participants about the new law put into place regarding concussions in children.** Participants will also learn what a concussion is, signs and symptoms and how to prevent a concussion from occurring.

Audience: Everyone

Cost: FREE

My Plate

Participants will **learn about the new Food Guide Plate** which replaced the Food Guide Pyramid. Information covered in this course will include why the Food Guide Plate replaced the Food Guide Pyramid, **changes to the food groups, examples of foods in each group, and two activities** to help participants better understand serving sizes and how to eat balanced meals.

Audience: Everyone

Cost: FREE

Obesity

This course provides participants with **information regarding the obesity epidemic in the United States**. It discusses several topics such as BMI, body weight, gender and obesity, children and obesity, diseases caused by obesity, risk factors, healthy eating and weight loss.

Audience: Everyone

Cost: FREE

Organ Donation

This course provides participants with **information about organ donation**. Participants will learn up-to-date facts about organ donation and qualifications of being a donor or recipient of these organs.

Audience: Everyone

Cost: FREE

Oral Health

This course provides participants with information about oral health. Participants will learn about the **topics of tooth brushing, flossing, chewing tobacco, and oral cancer**. Good oral hygiene and cancer prevention will be discussed.

Audience: Everyone

Cost: FREE

Over The Counter Drugs

Participants will learn general safety information about the use of over the counter drugs.

Audience: Everyone

Cost: FREE

Pandemic Flu

Participants will learn general **information about Pandemic Influenza**. Participants will learn about the World Health Organization's Pandemic Influenza preparedness and the preventative measures they take to prevent a pandemic flu outbreak.

Audience: Everyone

Cost: FREE

Piercing Education

Participants will be educated **on safe piercing procedures and how to choose a piercing shop**. They will learn how to take care of their new piercing and the risk factors associated with body piercings.

Audience: Adults 18 years of age or older

Cost: FREE

Poison Education

Participants will **learn the various ways poisoning can occur in a home setting**. This course was developed by the Indiana Poison Control Center.

Audience: Everyone

Cost: FREE

Poison Education for Seniors

This course was designed for senior citizens, however anyone can attend. Participants will **learn about poison safety in a home setting**. They will learn how to safely use their medications and how to reduce the risk of unintentional poisoning.

Audience: Everyone

Cost: FREE

Poison Prevention for Children

Through this presentation **children will learn the basics of poison prevention**. They will learn what household products have the potential to be poisonous and what to do in case someone is poisoned.

Audience: Kindergarten – 5th grade students

Cost: FREE

Prescription Medication Abuse



Participants will **learn the dangers involved in overdosing on prescription medications**. They will learn the signs and symptoms of overdosing and how to respond accordingly. Additionally, they will learn how to properly discard old or expired medications.

Audience: Adults, Middle & High School Students

Cost: FREE

Public Health

Participants will **learn about Public Health and all that it entails**. They will **learn about different careers that are involved with Public Health** as well as the classes and majors an interested student may take to pursue a career in Public Health.

Audience: Everyone

Cost: FREE

Rabies

In this course participants will **learn information about rabies**. They will learn how the **disease is transmitted** and what can be done to prevent the disease.

Audience: Everyone

Cost: FREE

Recreational Drug Use

This course covers illegal drugs and their street names. In addition, students will learn about the immediate and permanent side effects drugs can have on the human body.

Audience: Adults & High School Students

Cost: FREE

Sexually Transmitted Diseases & Infections



This course covers the differences between bacterial and viral sexually transmitted infections. Participants will be able to identify the signs and symptoms of the most common STIs. Please be advised, course content is very graphic.

Audience: Adult & High School Students

Cost: FREE

Skin Cancer

This course covers facts about skin cancer, including the different types of cancer, risk factors, importance of early detection and preventative measures a person should take to avoid skin cancer. This course also stresses the dangers of indoor tanning booths.

Audience: Everyone

Cost: FREE

Social Media Safety



Topics covering during this presentation include **cyber-crimes**, **chat rooms**, **instant messaging**, and **social networking**. Students learn about **sexting** and **sextoration**.

Audience: Adults, High School

Cost: FREE

Spice K2

In this course participants will **learn about this “new” drug that is on the market**. Participants will also learn what happens when a **person is on the drug** and its **side effects**.

Audience: Everyone

Cost: FREE

Sports Supplements

In this course students will understand **what sports supplements are** and what **positive and negative effects** they have on your body.

Audience: Everyone

Cost: FREE

Surfing Social Media

Topics covering during this presentation include **cyber-crimes, chat rooms, instant messaging, blogging, e-mail and social networking**. Students learn how to surf the web safely.

Audience: Adults, Middle School Students

Cost: FREE

Summer Health & Safety

This course teaches participants how to stay safe and healthy during the summer. Topics covered in this presentation include: **skin cancer prevention and detection, poison ivy, recreational water illnesses, heat exhaustion and stroke and barbeque safety**. It also includes illnesses that are caused by insects such as West Nile Virus and Lyme Disease.

Audience: Everyone

Cost: FREE

Tattooing

Participants will **learn about safe tattooing procedures**. This course teaches participants the risks involved and the facts that should be considered before getting a tattoo.

Audience: Adults, Middle & High School Students

Cost: FREE

The Bad Side of Good Drugs (Antibiotic Resistance)

This course teaches the **effects of not finishing a prescription** when a person becomes feeling better. It also teaches the audience why this is bad and how it is **changing our drugs and our bodies' resistance** to them.

Audience: Everyone

Cost: FREE

Tobacco Education

Participants will learn about **the harmful effects that tobacco products have on the human body.**

Audience: Everyone

Cost: FREE

Tuberculosis Basics

This course **teaches participants the facts about tuberculosis (TB).** Participants will learn how the bacteria can be transmitted, its signs and symptoms and treatments of tuberculosis.

Audience: Everyone

Cost: FREE

Tuberculosis Course

Participants will learn how to administer a Mantoux Skin Test as well as how to read and record the skin test results. Participants will learn the basics of tuberculosis as well as how it is transmitted, signs and symptoms and treatments. Certification is valid for three years.

Audience: Healthcare Providers

Cost: Call for cost

Extensively Drug Resistant Tuberculosis

Participants will learn about extensively drug resistant tuberculosis, or XDR TB. This strain of tuberculosis is exceptionally resistant to medications currently used to treat tuberculosis. Participants learn how drug resistance occurs and what they can do to prevent it.

Audience: Everyone

Cost: FREE

Vapor (E-cigarettes)

This course was developed for people who want to learn more about e-cigarettes. Students will learn what e-cigarettes are, and what the health effects are.

Audience: Everyone

Cost: FREE

What Some Teens Do

In this course was developed for **parents** and people **who work with young adults**. This course will teach **the participants about un-healthy behaviors** that some young adults are participating in such as powered alcohol, drunken gummies and much more.

Audience: Adults

Cost: FREE

Presentation Scheduling

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